



## **Baby Nurture**

Name:  
(Mother/ Father) .....(Baby).....

Date of first session .....

Address: .....

Telephone (home/mob): .....

E-mail: .....

Date of Birth (Baby) .....

Name of Emergency Contact .....

Phone number: .....

**Have you and your baby had your 6 week postnatal check up? Yes/ No**

**Did your medical professional have any concerns? If so, what?**

**Will the baby have immunizations within 24 hours of a baby massage session?**

**Does you or your baby have any allergies?**

### **The birth of your baby**

Is there anything about the birth of your baby, and how you experienced it that might be useful to know?  
Does your baby have any health conditions (including colic, clicky hips, reflux etc...)? Please give full details.

**Safety guidelines**

Please read these guidelines carefully before you begin your first class.

**Parents work with their own baby ONLY**

**It is important to remember NEVER massage a sleeping baby.**

When practising with your baby, never rush or force anything. If you feel stressed or tense, just take a break and come back to the practice later. Always ensure that you feel safe, secure and confident with the way you are holding or working with your baby. Never do anything that you do not feel comfortable with.

If your baby is unwell, it is best not to attend the massage class. If your baby is crying excessively and cannot be comforted, he/she may be ill. Never practice on a distressed baby, or if your baby is limp, pale, has a temperature, or any difficulties breathing. Please seek appropriate medical help.

It is not recommended to practice within 24 hours of your baby’s immunisations.

**Covid-19 Health Screening**

**IMPORTANT- DO NOT ATTEND CLASS IF YOU, BABY OR ANOTHER MEMBER OF YOUR HOUSEHOLD ARE DISPLAYING SYMPTOMS OF COVID-19 (A continuous cough, high temperature, shortness of breath and or loss of taste & smell)**

I declare that my household family unit are healthy and presenting no signs of covid-19:

Signed: ..... Full Name: ..... Date: .....

Should the above declaration change I will inform Once Upon the Mat immediately via text or telephone on 07725235485:

Signed: ..... Full Name: ..... Date: .....

Have you been tested for Covid-19? If yes, please provide further details:

.....  
.....  
.....

Have you come into contact with anyone who has tested positive with Covid-19? If yes, please provide details:

.....  
.....  
.....

I agree that if either myself, household family member or baby become unwell, develops a temperature or any other Covid-19 symptoms that I will adhere to the NHS/government guidelines.

Signed: ..... Full Name: ..... Date: .....

I confirm that the above information I have given in this declaration is true and up to date to the best of my knowledge.

Signed: .....

Full Name: .....

Date: .....

### **General Safety Guidelines**

**Please read these guidelines carefully before you attend your first class.**

Parents work with their **own** baby.

The multi-sensory baby development class includes sensory play. You must supervise your child at all times. Often there are objects that babies may naturally want to put near their mouths. It is **your** responsibly to ensure that your child is safe within the exploratory environment.

The multi-sensory baby development class also includes baby yoga and baby massage. When practicing with your baby, never rush or force anything. If you feel stressed or tense, just take a break and come back to the practice later. Always ensure that you feel safe, secure and confident with the way you are holding or working with your baby. Never do anything that you do not feel comfortable with.

**If your baby is unwell**, it is best not to attend the class. If your baby is crying excessively and cannot be comforted, he/she may be ill. Never practice on a distressed baby, or if your baby is limp, pale, has a temperature, or any difficulties breathing. Please seek appropriate medical help.

**It is not recommended to practice within** 24 hours of your baby's immunisations.

### **Infection Control Policy (in response to Covid-19) Effective 15<sup>th</sup> July 2020**

\* 'Once Upon the Mat' are Paediatric First Aid trained and hold a 'Covid-19 Awareness Certificate'. We have always adhered to a strict cleaning policy however the safety of participants is paramount and we will be putting additional measures in place which have been set out in a thorough risk assessment.

\* **ONLY ONE** adult per child to attend class.

\* As per government guidelines from the 8<sup>th</sup> August 2020, **FACE MASK ARE MANDATORY** in indoor venues for members of the public. These will be required by law, to be worn **at all times in the venue**. I would advise purchasing a mask with a mouth window so you still can communicate with your baby throughout the lesson. If you forget your mask, you will need to purchase one at the venue for £1.

\* No participants to be gathering in the lobby of the venue prior to class time. Participants will be required to arrive to class no earlier than 5 mins prior to class beginning. Doors will be propped open to avoid participants touching handles etc. If queuing is unavoidable,

participants must adhere to the 2 m social distancing guidelines which will be clearly marked.

\* **All** participants will be required to participate in the ‘**Track & Trace**’ procedure whereby participants details will be stored for 21 days. This will include name, address, time of arrival at venue and time of departure at venue. Upon arrival at class, a signing in station will be set up where these details will be taken before and after class,

\* If a participant tests **POSITIVE** they must **NOT** attend class, they must notify the class lead on 07725235485 via telephone or text. The class lead will notify other parents via text message on their mobile telephone numbers if a participant tests positive.

\* **All** participants will be required to sterilise their hands prior to beginning class and on exit. There will be a hand washing station on entering and exiting the venue and at toilet entrance. Milton wipes will also be available in class and toilet facilities should anyone wish to use them.

\* Covid-19 hand washing and 2m social distancing posters will be displayed to remind participants to keep the venue Covid secure.

\* Participants will be required to follow a one way system on entrance and exit within the venue. This is to promote safe distancing throughout the activity.

\* Windows and doors will be open to ensure ventilation in the venue. This may possibly mean the room is slightly cooler than normal and we advise you wear clothes to reflect this.

\* Kitchen facilities at the venue will be unavailable but you may bring a drink to class if you wish.

\* Participants are encouraged to bring minimal personal belongs to class (this includes pushchairs and car seats where possible).

\* Only **ONE** family to use toilet facilities at a given time due to the small enclosed space.

\* Mats will be spaced out adhering to social distancing set out 2 metres apart. Adults are required to adhere to these social distancing guidelines throughout the class. Where babies are mobile and crawling/walking adults are asked to manage social distancing with babies themselves.

\* Group class sizes will be defined by the latest government guidelines and will be reviewed frequently. This amount will be much smaller than what we were currently running classes pre-Covid. Each participant will be on their own individual mat spaced 2 metres apart from other participants.

\* Current government guidelines prevent singing as the activity poses a high risk of transmission. Therefore it is important that you **MUST NOT** sing through the class, this was always an extra to our classes and they can still support your babies development through sensory, yoga and massage.

\* All equipment/props/resources will be thoroughly cleaned with disinfectant specifically manufactured to kill 99% of viruses and germs before and after class. Warm water (not hot or cold) will be used to disinfect to maximise the effectiveness of cleaning products. Any items that need to be machine washed will be done so at a high temperature (60 degrees or above) after every use. The cleaning process will be documented on a cleaning checklist. Items such as soft toys, parachutes, bean bags etc. that cannot effectively cleaned and disinfected will not be used during class.

\* There will be adequate time in between each class to ensure that all equipment, surfaces and toilet facilities can be disinfected thoroughly. This will be documented in a cleaning checklist before and after each class.

\* Participants must ensure they leave the venue promoting and adhering to social distancing rules.

### Terms & Conditions

- Once your child is registered with *Once Upon the Mat* yoga classes they have a permanent place until *you* tell us otherwise. Please provide at least 2 week's notice for withdrawing, otherwise you may be liable for fees.
- If your child is absent from a class due to sickness or other, fees cannot be waived or classes carried over. Subject to availability we may be able to offer a transfer to an alternative date/venue but this is not guaranteed.
- If you wish to cancel your course the following charges apply. Up to 28 days before commencement of your course a £10 administration fee is due, within 28 to 14 days a £20 charge is applied. Within 14 days no refund is due.
- If for any serious medical conditions and extenuating circumstances you and your baby are unable to attend a course on the commencement date 'Once Upon the Mat' is happy to hold those classes until the next available date subject to availability. If for any other reason you wish to transfer to a different date then the following will occur: Up to 28 days before commencement of your course a £10 administration fee is due, within 28 to 14 days a £20 charge is applied. Within 14 days no refund is due.
- We shall have no liability to if we are prevented from carrying out our services or our services are affected in anyway by: any acts, events, omissions or accidents beyond our reasonable control, including strikes, failure of a utility service or transport network, act of God, war, riot, civil commotion, malicious damage, pandemics, compliance with any law or governmental order, rule, regulation or direction, accident, breakdown of plant or machinery, fire, flood, inclement weather. Fees will not be waived or carried over in any of the circumstances outlined above.
- In light of the recent Covid-19 pandemic, should another lockdown occur, or restrictions that may prevent physical classes taking place in anyway, then the remaining classes that have been booked will be continued via our virtual classroom for the remainder of the course. No refunds will be given.
- If you are booked on for a future in person course that becomes postponed due to extraordinary circumstances such as pandemic, government guidelines, or social distancing measures (not limited to these events) you will be issued a credit note for a course to be taken when circumstances allow. Credit notes under these circumstances will be given an extended usage date to use against future 'Once Upon the Mat' courses.
- Parents and carers are expected to supervise their own children during the class. All equipment is fully sterilised and clean after each class in line with out infection control policy.
- All belongings **MUST** be put at the side of the room to create more space and avoid trip hazards.
- You agree to adhere to **ALL** the following safety measures set out in the infection control policy in relation to Covid-19.

Please sign the following disclaimer:

- I have read the above safety guidelines and infection control policy and will ensure that I adhere to them.
- I take full responsibility for myself and my baby, and for everything that happens to me and my baby in relation to the Baby Discovery class.
- If I have any doubts, I will seek the advice of my medical professional before proceeding with Baby Nurture Class.
- I will keep the teacher informed of any health issues that arise over the course of the classes, and follow the infection policy protocol should myself or baby display symptoms of Covid-19..
- I understand that fees will be not refunded or that classes cannot be carried over if class (s) are missed.
- I agree to ***Once Upon the Mat*** contacting me by email, text or telephone.
- I give my consent for photographs/video to be taken during classes for use in promotional material ie. Social media, website, advertising. (Children will not be named).

**Please tick the below for photographic consent:**

Yes

No

Signed..... Date .....